

Grabbing a healthy bite...  
Other than Uncle Sam's DFAC  
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Since basic training, soldiers are drilled to do more tasks than before and the dining facility has been a military tradition for them to eat a healthy meal for breakfast, lunch and dinner.

All personnel deployed for the RSO&I field exercise have a choice, hopefully a healthy one for themselves.

Camp Walker has quite a few places to eat besides the dining facility, whether you have a meal card or not.

Fast-food restaurants are known to taste really good, but also to be too bad for your body. There are plenty of ways to eat at these restaurants and still keep driving on for the rest of the exercise.

Of course, people in the RSO&I exercise can enjoy a hot dog, some chips and soda from the Morale, Welfare and Recreation tent at an affordable price, but there's more. Mmmmmhh!

Burger King offers hamburger, chicken and fish sandwich meals with French fries and a drink, but this can be healthy.

The Camp Walker Post Exchange has Anthony's Pizza, Robin Hood and Taco Bell. If you feel like some Italian one night, go for a slice a pizza and a salad; if you need a fresh sub sandwich, go for the Robin; but if you feel like going to the border, then Taco Bell it is.

The classy Hilltop Restaurant offers a variety of hearty portions to please just about any taste. Just to name a few, they have the traditional hamburger and fries meal, chicken fried rice, salads and good music to relax and unwind. Most of the meals range from \$3 to \$6.

The Commissary is another option because you can buy a fresh sub sandwich too, some fruit and salad and bring it to the office. If you're office has a refrigerator, then you can stock up on some fruit, juices and sandwich meat too. Otherwise, you can probably store pantry items inside the storage tub next to your bed.

To overcome the high-fat calorie meals, you should drink plenty of water, eat as much vegetables, exercise regularly and no second helpings.

It's your choice, your health so make the right one here.